Delicious - Nutritious

Plump and nut-like in flavor, thoroughly cooked with choice pork. Prepared the Libby way, nothing can be more appe-tizing and satisfying, nor of greater food value. Put up with or without tomato hot or cold.





Most of us admire a fool as long as he has money.

INVIGORATING TO THE PALE AND SICKLY.

The Old Standard general strengthening tonia GROVES TATICLISES child TONE, drives out Makaria, curisches the bleed and builds up the system, 4 sure Appetiner. For adults and children. 56 cts.

Literal.

They say there is to be no ice famine this summer." "That's cold comfort."

Important Theme.

"What is the subject of your gradnating essay? Something practical, I hope."

"Yes," said the girl graduate. propose to discuss what civilization owes to the ice cream sundae."

Osler Says, "Live Today."

"The day of man's salvation is to-Make the limit of your life the twenty-four hours of the day; live earnestly and you will have a vaccine that will insure you against all morbid thoughts. The first two hours of a day determine the day. If you have been romping with the younger Aphrodite the night before you will be as bleary-eyed as a fish when you get up, and the day will be lost "-Sir William Osler, M. D., In address at

Appreciative Guest.

A somewhat parsinfonious couple in Edinboro invited a friend to dine with them on a Monday, and when the joint was laid on the table it proved to be the remains of Sunday's roast heated Whereupon the guest remarked that this appeared to me "an" auld frien' with a new face." This, however, did not prevent his doing justice to the fare provided, and upon departing he said: "Well, good-night; I've had an enjoyable evening, and you have always the consolation that it hasn't cost you much."

Like a Pleasant

Thought

of an old friend-

Post **Toasties**

Sweet, crisp bits of white Indian corn, toasted to an appetizing, golden brown.

A delightful food for breakfast, lunch or supper - always ready to serve instantly from the package

"The Memory Lingers"

For a pleasing variation sprinkle some Grape-Nuts over a saucer of Post Toasties, then add cream. The combined flavour is something to remember.

Postum Cercal Company, Limited Battle Creek, Michigan

E. B. HOWARD TELLS OF GREAT RESULTS ACCOMPLISHED IN COLORADO

EMPLOYMENT OF CONVICT LABOR

Results In Millions of Dollars Improvement to Farm Lands and Roads-Can Be Duplicated in Oklahoma

E. B. Howard, secretary and mem-Public Affairs, has returned from a vacation trip of three weeks, spent in Colorado. Because of his observa-tion of the highly successful irrigation projects in Colorado Mr. Howard is an enthusiast over the subject of irrigation for Oklahoma.

During my vacation," he says, "I took the opportunity to investigate and study the great benefits irrigation has been to the state of Colorado, and I am more than ever impressed with the suggestion that I made a year ago, relative to devising some plan using our convict labor and placing Oklahoma farms in position to be irrigated during such seasons as we have had this year.

While in Colorado I inspected several farms and tracts of land which



Hon. E. B. Howard.

have been benefited by irrigation and from the nature of the soil that I saw and a study of the conditions in Oklahoma, I am confident that irrigation would be entirely feasible in this state, and that nothing like the amount of water would be required for our purposes as I found to be neces sary at these places, for the reason that a study of the rainfall in Oklahoma since its first settlement shows that every year there is sufficient precipitation to raise bumper crops were it properly distributed and were we to place ourselves in position to preserve the water that falls in the winter and spring and early summer months, and that good crops could be insured each year.

"There is no doubt but what Oklahoma soil is more productive than to be figured out, of irrigation, would

of the agricultural products of that mechanic and laborer in this state, was a surprise to see the quality and port the products of our irrigated quantity of different kinds of crops, farms. The improvement by reason etc., that are being produced in that would mean yearly a great deal more state on land which, previous to the save short grass and cactus.

"After an investigation of these see great possibilities for Oklahoma agricultural interests if our people will only take up the matter of irritation and a preservation of our rain-

"There may be other ways in which

dred men in our penitentiaries and reformatories for whom we must necessarily provide means of employ-ment and believing that it would be better to use these men in improving our agricultural interests, which at the same time would mean the improve ment of our towns and cities, until some better means of doing this can be found, I have made up my mind to urge upon the people of this state to take up this matter and keep it be-fore the public until such time as some kind of arrangements are made to put our farms in better condition than at the present, and I urge a movement that will immediately put these unemployed men who are being supported by the state, to the work of building dams, ponds or some other arrangements for preserving the moisture that we need during the months of ber of the Oklahoma State Board of July and August, when we have a dry year in this country. "I believe Oklahoma could take up

no better slogan than that which has been recently broached in Missouri of 'WATER FOR EVERY FARM.'

"It has been suggested that reser voh s be established along rivers to take care of the overflow waters. Per haps that scheme could be carried out, but why shouldn't a state commission or someone, take up the sub ject and work out a plan? Perhaps it might be better for each county to handle its own problem, but be that as it may, let's do something! I think it would be a mistake for us to let the lesson of this season be wasted. We are going to have such seasons as this occasionally, and we might as well make up our minds to do what we can to reduce the evils by making reasonable preparations for preserving our water and having it at such times as this when it would mean so much to our people and to this state.

"In addition to studying the matter of irrigation while away, I also took occasion to observe the many good roads built by the state of Colorado, with their convict labor. These good roads have been one of Colorado's greatest assets and have not only meant a great convenience to the citizens but have attracted the investment of thousands of dollars in that state.

"I talked with people who had charge or had an interest in the work during the time these roads were being built by the convicts of Colorado and without exception found that everyone and every person cognizant of what had been done, not only praised the officials of the State for their work, but assured me that the very fact of working these convicts out on the roads in the fresh air and the better treatment, made of them, when their terms expired, better men, and those whose terms had not yet expired, better prisoners.

"In fact, from every standpoint, Colorado is greatly benefited by reason of working convicts upon her roads, and why should Oklahoma not do likewise?

"The conditions are such that as good, if not better, roads can be made for a minimum cost and a minimum amount of work, as compared with the roads that it was necessary for Colorado to build through her canyons and mountains

"Good roads and a practical application of some scheme or other, yet many tracts of land I saw in Colorado which were producing immense can do for herself. It would not only assure to our farmers, crops In Denver I inspected the display each year, but would assure to every state, and especially those which had work at his own trade in the future, been produced on irrigated land. It with good roads over which to transsuch as wheat, corn, oats, sugar beets, of these roads and this irrigation days of irrigation, would grow nothing mineral interests to which we pay so much attention at the present time.

"I suggest that the people of Oklaplants and other products and a study homa take up the matter of good of the conditions in Colorado. I can roads and irrigation and that no stone roads and irrigation and that no stone be left unturned until both are an ac-complished fact, and in this suggestion I ask that every man in this state, who is interested in this movement, either communicate with me or in some way start an agitation and keep it would be better to do this work. at it until these things are an accombut figuring that we have several hun-

STATE SCHOOL LAND COMMISSIONERS ADVERTISE ARKANSAS RIVER BED LANDS FOR LEASING

Two miles of the bed of the Ar- east, Lincoln county; section 16, townposes by the school land commissioners. None of the land to be advertised for lease has been passed on school land department. put down test wells.

kansas river, immediately adjacent to ship 10 north, range 5 east, Potta-Turkey Island, and a large portion of watomic county; section 16, townschool land located in seven different ship 9 north, range 1 east, Cleveland counties, were ordered to be advertised for lease for oil and gas pur-township 27 north, range 3 east. Kay county; section 36, township 20 north, range I west, Noble county; section 16, township 19 north, range 1 west, by the oil and gas experts of the Payne county; section 16, township The leasing 19 north, range 1 east, Payne county; of the lands is authorized by the com- northeast quarter and southeast quarmissioners in response to requests re- ter and southwest quarter section 16. ceived from prospectors, who are willing to give bend, lease the land and field county; northwest quarter section 33, township 22 north, range 6 The lands to be leased are: Section 16, township 22 north, range 6 west, Garfield county: section 36, township 23 north, range 7 west, Garciast, Lincoln county; west half section 36, township 23 north, range 7 west, Garciast, Lincoln county; west half section 36, township 4 north, range 9 west, Comanche county.

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